

WESTFORD COUNCIL ON AGING NEWSLETTER

MARCH 2017

MONDAY TO FRIDAY 8:00 A.M.—4:00 P.M.
EVENING HOURS: TUESDAY'S & THURSDAY'S 4:00 — 8 00 P.M.
20 PLEASANT ST., WESTFORD, MA
978-692-5523. www.westfordma.gov/coa



MISSION STATEMENT: The Council on Aging promotes physical, emotional, and economic well-being of older adults and promotes their participation in all aspects of community life. The Cameron Senior Center is a community focal point where older adults come together for services and activities that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence and encourage their involvement in and with the center and community.

COUNCIL ON AGING STAFF

Jennifer Claro
Director of Elder Services

Alison Christopher
L.I.C.S.W./Social Worker

Annette Cerullo, LSW
Elder Outreach Coordinator

Claire France Records Supervisor
Marjorie Hunter Registrar
Jean Mahoney Registrar
Eugene Jungbluth Lead Van Driver Admin
Charles Dutton ..Lead Van Driver Dispatch
Christopher Mitchell Maintenance
Katherine Russell..... Senior Assistant
Ashley Diaz.....Evening Supervisor

COUNCIL ON AGING BOARD MEMBERS

Nancy CookChair
Robert TierneyVice Chair
Kathryn WilsonClerk

Helena Crocker, Patricia Holmes,
Sandra Collins, Ret. Chief George Rogers

FRIENDS OF THE CAMERON OFFICERS

Edward GreenwoodPresident
Richard SeverynVice President
Joyce CederbergSecretary
Joyce Newton Treasurer
Barbara Upperman..... Asst. Treasurer

REMINDERS: CAMERON EVENING HOURS TUESDAYS AND THURSDAYS ~ DAYLIGHT SAVINGS – On Saturday Evening, **March 11th** you will need to change your clocks; they should **SPRING** forward by **one** hour.

CHECK US OUT on FACEBOOK!!
at facebook.com/camersonseniorcenter

ST. PATRICK'S DAY 2017

Join us here at Cameron on **Friday, March 17 from 10:30 am ~ 12:30 pm** as we celebrate **St. Patrick's Day** with some finger foods and dessert.



HOLI CELEBRATION!

Wednesday, March 15 at 11am at Cameron
Come Celebrate **Holi the Hindu Spring Festival** in India and Nepal, also known as the **Festival of Colors** or the **Festival of Sharing Love**.
Enjoy lunch which will include: Chicken Tikka Masala, Rice, Kidney Beans, Nan and Samosa. After lunch we will make a special craft reflective of this celebration of letting go and laughing, smiling, dancing a little bit more. Where a bright color or two, three - no limits on your personal expression! Cost-\$6.00.
RSVP by calling 978-692-5523.

MARCH IS SOCIAL WORK MONTH!

Ever have something you want to ask, but don't think it's worth making a social work appointment? Alison will be available for drop-in casual conversation, questions, resources, guidance about whatever is on your mind. **Come for coffee and snacks on Tuesday March 21 between 9-11 am in the welcome area.** Private appointments can also be scheduled at that time.



CAMERON MUSIC MAKERS

Come to a special get-together with the Music Makers on **Friday, March 31 at 12:30 pm**. Enjoy some refreshments, relax, visit and hear some nice music!

55+ EARLY EVENING PROGRAMS

LOWELL GENERAL SERIES – We are pleased to continue our FREE monthly series with speakers from Lowell General Hospital on the 2nd Tuesday of every month. Mark your calendars and register by calling Lowell General at 1-877-544-9355.

March 14 – Stress Management with Self Hypnosis - 6 - 8 pm
Learn how to cope with stress and explore techniques of relaxation, breathing, meditation, affirming and visualization.

April 11 - Diabetes Survival Skills 6 – 7 pm. Learn the basics of food shopping and meal planning for better blood sugar control.

TAI CHI-YANG TAO - This short form of Tai Chi will be offered here for 8 weeks starting 4/6-5/25 on Thursdays from 7 - 8 pm. This form is a series of 13 movements done in a circular pattern in five directions. Tai Chi can reduce stress, improve balance, expand range of motion and enhance quality of life. The cost is \$40 for Westford residents. Please call Lowell General to register at 1-877-544-9355.

THURSDAY'S ~ EARLY EVENING EVENT & LIGHT DINNER!

March 30 from 5 - 6:30 pm join us for a travel slideshow; photos and history of Ireland and England. The presenter will be **Pat Reppucci** who will be sharing her travel experiences. Please call 978-692-5523 to sign up.

NEW BOOK CLUB

Do you love to read and would like to talk to others about a great book? Then this is the program for you. Starting March 21st we will have a book club in our library from 6-7:30. We will host this activity the 3rd Tuesday of every month. For March the book to discuss is "A Dog's Purpose" by Bruce Cameron. As a group you all will decide the next book to review. Hope to see you in our cozy library by the fireplace.

MOVIE NIGHT

Our first movie night was such a hit with 24 people attending to watch the "Bucket List" we are going to try it monthly on the 3rd Thursday of every month from 4:30 – 6:30 p.m. Light refreshments will be served. The movie on **March 16th** will be the comedy "**The Intern**" starring **Robert DeNiro**. Please call to sign up at 978-692-5523 by 3/14. Please share your movie recommendations.

WATERCOLOR CLASS with PRITI LATHIA

Back by popular demand this 8 week class will be starting on **Tuesday evening March 14 from 6:00 - 7:30 pm in the Arts & Crafts Room**. Get your paint brushes ready! Cost for this watercolor class is \$25.00. A supply list will be provided to you at registration.

CIRCUIT TRAINING – A new eight week session will be starting on **Thursday, March 30** in our fitness room on Thursday evenings from 5:30-6:30 p.m., with the help of an instructor from "Signature Fitness". Come learn how to use the cardiac and strength equipment and create a personal exercise program that addresses your goals and health concerns. The cost for this eight

week session is \$40. For more information, call Annette at 978-399-2326.

NEW PROGRAMS

NEW!! WESTFORD WRITER'S CLUB

Are you someone who likes to write poetry, short stories, or essays? Are you a skilled photographer? We will be starting the Westford Writer's Club at the Cameron Senior Center starting in April. It would be on Wednesdays, or Thursdays in the afternoon from 1-3 pm. If you are interested to learn more please indicate your interest for either Wed. or Thurs. by signing up at the front desk 978-692-5523.

SPRING CLEAN UP

With April around the corner, it is time to start thinking about spring yard cleanups. Due to growing numbers of seniors requesting this service and limited volunteer hours available, we are asking that residents sign up only if they have no other means for yard work to be completed. Please also know that a request does not guarantee that your yard can be cleaned. We will do our best to solicit volunteers to match up with residents but **we will be prioritizing seniors with a demonstrated need first** – financial, health, physical etc. We apologize in advance if we cannot help every person who asks. Please call the front desk at 978-692-5523 for your name to be added to the requestor's list by **Friday March 31**.

FAITHWORKS

We are fortunate to have 3 local Methodist Churches working together to offer a day of service on Saturday May 13th. Adult volunteers will devote their time to help seniors who need assistance with household repairs, simple painting, and other odd jobs that take a few hours to complete. They are unable to do plumbing, electrical or large construction jobs. If you would like your project request to be considered you **must sign up by Wednesday, April 5th** by calling 978-692-5523 or completing an application at the senior center front desk. All applications will be reviewed; however, this service is only available to a limited number of clients. Any questions please call Annette, Outreach Coordinator at 978-399-2326.

LUNCH & LEARN

Please Sign up for the Lunch and Learn Program at 978 692 5523 so we can plan for food. RSVP with a 48-hour notice is needed. **Friday, March 10 at 12:15 pm**–Zentagle a great way to nourish your body & stimulate your mind. Sponsored by **Lowell General**. Lunch will be sponsored by the **Atrium and Chelmsford Crossing**.

REFLEXOLOGY, MANICURES, PEDICURES AT CAMERON

Veronica Thompson a popular reflexologist amongst COA's will be here on **Thursday, March 9**, 9:30 am - 3:30 pm. Manicure \$15, Pedicure \$22, Gels \$25, Rebalancing \$21 and Reflexology (acupressure) \$25 for 30 minutes and \$45 for one hour. These appointments go quickly so call early to sign up with Veronica at 978-407-7658 or veronica@greatkneads.com.

Food & Friendship

WEDNESDAY LUNCH

Lunch will be served at **12 noon**. The cost is \$3. Reservations are required 24 hours in advance (If you forget to RSVP we ask that you please wait in the sitting area until all are served, thank you!)

March meal selections:

Wednesday, March 1: Tuna Salad and Tomato Soup
 Wednesday, March 8: Beef Stew
 Wednesday, March 15: Chicken Parmesan Sandwich
 Wednesday, March 22: Shrimp Scampi
 Wednesday, March 29: BLT and Chicken Soup

WOMEN'S BREAKFAST

Please RSVP to the front desk (978) 692- 5523 at least two business days ahead, so we can plan for food.

Ladies we would like to invite you to our monthly breakfast on

Thursday, March 9 at 8am. Our program will be with **Dr. Deborah Diamond, D.C** who will speak on **Change Your Spine, Change Your Life**. We will kick this breakfast off with a few topic appropriate trivia questions and PRIZES.. So, do not be late...

MEN'S BREAKFAST

March 14th at 8AM. **Joe Andrews**, will speak about U.S. Coins: History, and Facts about classic and rare U.S. coins. He also welcomes participants to bring a couple of coins if you want them appraised. Please RSVP by Friday March 10th to 978-692-5523 or achristopher@westfordma.gov so that we can plan for food. April Men's Breakfast will be on Tuesday April 11th.

BIRTHDAY CELEBRATION

Come Celebrate the March Birthdays! Lunch is prepared by the students of the Elegant Chef restaurant at Nashoba Tech, followed by cake and ice cream. Please call in advance to register at 978 399 2330. Cost for Birthday Celebrants is free and to guests the cost will be \$5.00.

Thursday, March 30 at 12:30 p.m. ~ Braised Beef

ELEGANT CHEF LUNCHEON

Monday, March 13 at 11:30 am

Enjoy this three course meal prepared and served by the culinary art students from Nashoba Tech's Elegant Chef program. March menu selections: Stuffed chicken with gravy or Baked Seafood Trio. Lunch is \$9.00 – RSVP must be with a two-day notice at 978-692-5523.

RESTAURANT REVIEW ~ Dutch Treat!

Wednesday, March 29 at 11:30 am at Rosie's Diner, 27 Vinyl Square, North Chelmsford Please pre register at 978-692-5523 so we can call the restaurant with a head count for adequate seating. When you arrive you can check in under "Westford Senior Center". Bon Appétit. Please share your restaurant recommendations with Annette.

Health & Wellness

THE MEMORY CAFÉ ~ We are sorry to announce that we will no longer be offering the monthly Memory Café due to low attendance. If you have a loved one with memory issues there are other cafés in the area. You can call Annette at 978-399-2326 for the contact information.

SPECIAL PROGRAM OFFERING: HEALTHY EATING ON A BUDGET

Date: Monday, March 6 at 10:30 am

Location: Cameron Senior Center Kitchen, 20 Pleasant Street

Instructor: Julie Shepherd

Free nutrition education and cooking class to help seniors stay healthy, eat right, and choose an active lifestyle. Instructor will guide seniors through fun, hands-on activities during the 1.5-hour program. Topics include basic nutrition guidelines, chronic disease prevention, healthy meal planning on a limited budget, and food safety. The course will teach the benefits of eating fruits and vegetables and being physically active daily. **FREE**, Register online at www.roudenbush.org.

BLOOD PRESSURE & MORE – Health screenings including: blood pressure reading, medication review, weight check and an opportunity to discuss other concerns. Available at Cameron Senior Center.

• **Tuesday: March 14 at 9 a.m.** with the Westford Health Depart.

WESTFORD HEARING CLINIC

Monday: March 13 from 9:30 - 11:30 a.m. Hearing/Hearing Aid Screenings at Cameron with **Dr. Megan Ford from HearSmart Audiology** of Littleton. By appointment only. To book your 40-min. appointment call the Westford Health Department at 978-692-5509. Sponsored by the Westford Health Department

SHINGLES SHOTS

Friday: April 13 ~ 1-3 pm at Town Hall

If you have ever had chicken pox, as most adults have, you are at risk of developing shingles. This is because the Herpes Zoster virus stays in your body and can resurface at any time. One in 3 people will experience Shingles in their lifetime. The Zostavax vaccine is a one-time vaccination for people **age 60 and older** and was developed to help prevent the painful and potentially serious episodes of Herpes Zoster (shingles). **Appointments and a phone screening are required. There is no cost for this program!** Please call us at 978- 692-5509 so we can assist you in receiving this valuable immunization without the cost. This includes our retirees! Sponsored by the Westford Health Department.

CHOLESTEROL SCREENING

Thursday: April 27 at 8:30 -11:30 am at Town Hall, 2nd floor conference room. Test will provide information on your Total and HDL levels using finger-stick blood draw method. Blood pressure will also be screened. Quick and convenient. No fasting required. Appointments necessary, call 978 692-5509 to schedule. Fee: \$15. Sponsored by the Westford Health Department

PODIATRY CLINIC

Friday: March 31 at 9:30 a.m.

Advance appointments are necessary with Dr. Aileen Gregorian.
Call 978-692-5523. **Cost is \$30.**

IMPORTANT PROGRAM CHANGES

LIFELINE PROGRAM - The Lifeline Program has provided discount telephone service for qualifying low-income households since 1985. Many seniors have discounted home phone service OR a free cellphone and minutes through the program. As of December 2016, Internet access will be available an alternative option. However, at 2017 annual eligibility recertification, LIHEAP clients will no longer qualify for eligibility. Qualifying for SNAP, SSI, and Masshealth and household income under \$16,038 (1 person) or \$21,627 (2 people) will continue to qualify users. When you are notified that it is time to re-submit your certification or if you want to apply for the first time, see Alison or Annette.

DISABLED PARKING PLACARD CHANGES - Beginning in February 2017, Disabled Parking Placards will have a new appearance. Old style placards will remain valid until the expiration date. It will take 5 years before old placards are completely phased out. The application for a placard/plate has also been revised and reformatted. Make sure you get a current form from the RMV or RMV website if you plan to apply.

Fitness and Exercise

THANKS TO THE GENEROSITY OF THE FRIENDS OF CAMERON SENIOR CENTER, EXERCISE CLASSES ARE FREE. PLEASE CONSIDER A DONATION TO 'THE FRIENDS.'

NOTE: SEE MONTHLY CALENDARS FOR CLASSES.

WE INVITE ALL TO PARTICIPATE

FITNESS/STRENGTH TRAINING ROOM

Monday – Friday 8 a.m. - 3:30 p.m.

Tuesday's & Thursday's 4—7:45 p.m.

We have a splendid variety of equipment for both aerobic activity and strength building. Open year round. Come check us out! \$50 annual fee for residents age 60 and up; \$25 for residents age 80 and up. Participants must register, complete a liability waiver form, and attend a training session on the equipment. You may be eligible for reimbursement through your insurance.

BONE BUILDERS

The Cameron is fortunate to have several Bone Builder classes through a partnership with Community Teamwork, Inc.. These morning and afternoon classes are available to anyone age 60 and over but you must complete a simple application to participate in these balance, core and strength building classes. So, please ask the Registrar at the front desk for an application so you can be a part of these classes.

Outreach & Support

We have been busy in the office helping folks with applications for fuel assist and town real estate tax exemptions. You may be eligible to reduce a portion of your real estate taxes if you meet age and financial qualifications. This is the time of year to get the applications completed by the April 1st deadline. Applications may be obtained at the Assessor's Office in the town hall. Exemptions you may be eligible for are the Community Preservation Act, Elderly/Surviving Spouse, Veteran's and for the Blind. If you need assistance with these documents feel free to contact Annette, the Outreach Coordinator at 978-399-2326.

WESTFORD SPECIAL NEEDS EMERGENCY REGISTRY

Please note that the Cameron Senior Center **will no longer be keeping a storm emergency call list** for those people who signed up in the past. Instead, we will be part of a more comprehensive effort with Emergency Management and the Westford Health Department. If you have a disability, chronic condition, or special healthcare needs that could be impacted in a weather emergency, see the insert in this newsletter and consider completing it.

SUPPORT GROUPS

Several local support groups are available to Westford residents. Visit: www.westfordma.gov/coa. Click on: Services/Programs and then click on: Support Groups.

As your Outreach worker I am here to assist you with almost any situation that arises. If you are seeking: information, problem solving, supportive listening, application assistance or more, please don't hesitate to contact Annette at 978-399-2326. *Annette*

MEALS ON WHEELS – Monday through Friday.

Hot, nutritious meals delivered to home-bound seniors – either on a temporary basis (post-surgery) or a long-term basis. Traditional and special diets are available, with a doctor's authorization. Call 1-800-892-0890 to register.

****Elder Services of Merrimack Valley-Meals on Wheels Program NEEDS a driver or two****

This is a stipend position and it requires one to drive their own vehicle and deliver meals to Westford residents who are homebound or request a warm meal. Typically a meal route will take one and a half hours to deliver meals. If you would be interested in this opportunity please call Joyce Dastou at 978-686-1422 with Elder Services.

ALZHEIMER'S & RELATED DEMENTIAS CAREGIVER SUPPORT GROUPS

- Cameron Senior Center, 1st Wednesday each month at 6:30 p.m.
For information, call Sandy at 978-758-6072.

Ongoing Activities

FOR COMPLETE LIST, SEE MONTHLY CALENDAR

BINGO – Mondays, 1–3 p.m. & Thursdays, starting at 6:45 p.m. Doors open ½ hour early. **Remember:** the first Thursday night of the month, Hot dogs, chips, drink will be served for a donation of a \$1.00. If you need a ride, call the transportation line in advance at 978-399-2322. **In case of inclement weather, call 978-692-5523 before 4 p.m.** to verify if the game will be on.

CRIBBAGE

Wednesday 1 - 3 p.m. Come join our fun group!

GENEALOGY WORKSHOP

Interested in researching your family's ancestry? Call 978-692-5523 to arrange for a private, one-on-one genealogy consultation with an expert.

PING PONG

If you enjoy playing ping pong join our avid players in the card room each **Monday at 1:45 pm, Friday at 9:45 am and Tuesday evenings from 4:00—7:30 pm..** Come meet and join this active and diverse group of players!

MUSIC MAKERS – If you like music and enjoy singing, please join the Music Makers choral group for Friday morning rehearsals (9 – 10:30 am) as we prepare for our springtime performances. Rehearsals and performances are friendly, casual and rewarding.

QUILTING CLUB – Mondays at 9:30 a.m.

Join our group dedicated to making quilts to donate to elders and children. All skill levels of quilters welcome!

TRAIN BUFFS – Thursdays at 7 p.m.

Like trains? C'mon down to the Cameron basement to view our set-up or join our group of aficionados.

ASK THE LAWYER – Tuesday, March 7 at 9:30 a.m. Free legal service provided by the office of Attorneys Madge & Johnson is available to all Westford seniors age 60 and over, by appointment. Please call 978-692-5523 to reserve a timeslot.

ASK THE OFFICER – Thursday, March 9 from 11 a.m. to 12 noon. Westford Police Department Family Services Detective Nirisa Nicoletti will be available for consultation 2nd Thursdays each month at Cameron. Walk-in or call 978-692-5523 for an appointment.

MEET THE REALTOR – Monday, March 13 at 10 a.m. Local real estate agent Kathy Cunningham of Coldwell Banker. Call: 978-692-5523.

SHINE – Monday, March 13 at 1 p.m. Call for a private, confidential appointment at the Cameron to answer your health insurance or Medicare questions. Call 978-692-5523.

VETERANS SERVICES – Thursdays, 8 a.m. to noon.

Meet with Westford Veterans Agent/Veterans Service Officer Terry Stader at Cameron. **Only on the first Thursday's of each month Terry will have evening hours from 4 - 8 pm. The remaining Thursdays of each month will continue with his usual AM hours.** His regular office, in the Millennium Building behind Abbot School, 23 Depot Rd., open Monday through Thursday, from 8 a.m. to 4 p.m. Fridays by appointment only. For more information, call 978-392-1170 or visit <http://westfordma.gov/veterans>

FOOD PANTRY

WESTFORD COMMUNITY FOOD PANTRY, LOCATED ON THE FIRST FLOOR AT CAMERON, IS STAFFED BY VOLUNTEERS.

MARCH HOURS:

- **Mondays: March 6 & 20** from 1 - 3:30 a.m.
- **Wednesdays: March 8 & 22** from 8:30 - 11:30 a.m. and **March 1, 8, 15, 22, & 29** from 6 - 8 p.m.
- **Thursdays: March 9 & 23** from 9:30 - 11:30 a.m.
- **Fridays: March 3, 10, 17, 24 & 31** from 8:30 - 11 a.m.
- **Saturdays: March 4, 11, 18 & 25** from 9 - 11 a.m.

Financial Info

2016 INCOME TAX HELP

Hal Schreiber, our volunteer tax expert, is back this year to complete your 2016 federal and state income tax returns. Due to the large number of tax returns being prepared at the Senior Center, Dick Severyn is also back to assist Hal. This is a **FREE** service sponsored by your Senior Center and there are no age or income limits. Please call the Senior Center at 978-692-5523 to schedule an appointment. Hal has all the federal and state tax forms that are needed to be filled out – you do not need to bring any blank tax forms with you.

2016 CIRCUIT BREAKER—GUIDELINES

The Circuit Breaker is a method for refunding some of the property taxes or some of the rent that you paid in calendar year 2016 for the home that you lived in as your main home. The amount of the refund (if any at all), up to the maximum allowed for the year (\$1,070 for 2016), depends upon the amount of property tax or rent paid in comparison to your total income. A portion of any water or sewer charges that you paid in the calendar 2016 can be added to your property tax for computing the amount of the refund. Your main home can be a single family residence, a multiple family residence, a condominium, or an apartment.

The refund is available for those who are age 65 or older (if married, only one spouse needs to meet the age requirement) and whose total income for 2016 is less than \$86,001 (married filing a joint tax return); \$71,001 (filing a head of household tax return); and \$57,001 (filing a single tax return). The refund is not available if you are filing a married separate tax return. To obtain the refund, you need to file a Massachusetts tax return (even if your total income is zero).

Homes that are owned by a trust:

If your main home is owned by a revocable (grantor) trust and you are a trustee, then you are treated as the home owner.

If your main home is owned by a revocable (grantor) trust and you are not a trustee, then you are treated as a renter.

If your main home is owned by an irrevocable trust, then you are treated as a renter.

PROTECT YOURSELF FROM MEDICARE FRAUD!**A free informational Medicare workshop**

Friday, March 31, 10 am at Cameron

This program is supported by Elder Services of Merrimack Valley and their partnership between community based organization and mainstream agencies. Their objective is to educate Medicare/Medicaid beneficiaries on protecting themselves from healthcare fraud. Limited Seating. RSVP by calling 978-692-5523 to register.

FUEL ASSISTANCE (LIHEAP) APPLICATIONS- - March is the last full month to apply.

If you are a new applicant with a termination notice on a gas or electric bill, please call CTI at 978-459-6161. Otherwise, please call Alison at 978-399-2325 or Annette at 978-399-2326. Maximum Gross Household Income for LIHEAP: 1 person-\$34,001, 2 people-\$44,463, 3 people-\$54,925, 4 people-\$65,387.

GOOD NEIGHBOR ENERGY FUND - The Massachusetts Good Neighbor Energy Fund is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is *not eligible for state or federal energy assistance*. This is a good program for people who don't qualify for LIHEAP, but have a recent hardship situation. If you are interested in applying, call Salvation Army Lowell at 978-458-3396 or call Alison or Annette.

REMINDER: Save your Social Security benefit notification for 2017. You will need it to apply for many of the financial assistance programs that exist.

PRESCRIPTION ADVANTAGE is initiating an outreach campaign to ***encourage members with high drug costs to review Part D plan options for 2017*** as there may be a plan that can lower their expenses. Please call for a SHINE appointment if you would like to consider applying (978-692-5523). As a Prescription Advantage member, you are entitled to a one-time Special Election Period (SEP) each year that allows you to join or change your Medicare drug plan outside of Medicare's open enrollment period. **If you have any questions, please call Prescription Advantage Customer Service at 1-800-AGE-INFO (1-800-243-4636) and press 2, or TTY (toll free) for the deaf and hard of hearing at 1-877-610-0241.**

T.R.E.A.D. -Applications will be available at the Senior Center in May this year and will be **DUE ON AUGUST 1st**. Tax Relief for Elderly and Disabled is a donation funded program for property tax relief. Applicants must be 65 years or older OR have a state recognized disability, and must own and occupy their home. The T.R.E.A.D. Committee meets to determine awards in December 2017. If you have any questions about the program or need application assistance, call Alison Christopher, LICSW at 978-399-2325.

SENIOR TAX WORK-Tax Work applications are available at the Cameron Senior Center. Please apply if you are interested in participating in this program to work in a Town department in exchange for \$1,000.00 (minus federally mandated deductions) reduction in your FY 2018 real estate tax bill. You must submit a NEW application if you are interested in being placed this year, even if you have participated in the past. We will be placing first time applicants first, and using a lottery to place repeat applicants if necessary. Applicants must be 60+ years old, own and occupy the property for which Westford taxes are paid. **Applications must be submitted to the Senior Center by May 5th**. The lottery will take place in May.

Are You Interested?

"SANDWICH GENERATION" SERIES

We are offering a series of informational sessions on a monthly basis on the last Tuesday of every month from **6:00-7:00 p.m.** These sessions are open to folks of all ages. Please call 978-692-5523 to register.

March 28th is "Making the Most of Your Retirement" with Mike Peterson of NY Life.

April 25th is "Honoring Choices – important documents that state your wishes" with Janice Hickey, LSW.

BOARD MEETINGS

- COA Board – Wednesday, March 8 at 4 p.m.
- Friends of Cameron – Thursday, March 2 at 12:30 p.m.

UPBEATS our own Cameron band will be performing at the Chelmsford Senior Center, **Wednesday, March 8 from 12 - 12:45 pm**; Rivercourt Residences, 8 West Street, Groton, MA. **Monday, March 20 from 2:30 - 3:30 pm**; Bridges, **Thursday, March 23 from 3 - 4 pm**.

If you would like to join this wonderful group of musicians come to their practice time on Tuesdays at 10:15 am.

SPRING CONCERT at Westford Academy Center for the Performing Arts on **Tuesday, March 7 from 10 - 11:30 am**. Lunch will be provided at 11:45 am. Call 978-692-5523 to sign up or for transportation.

ICELAND: LAND OF FIRE & ICE

Join us on **Tuesday, March 7 at 3pm** for an informational session with Collette about our trip to Iceland on September 24 – October 2, 2017. Please Call to sign up for the information session at 978 692 5523.

RECITAL ~ All are Invited!

The voice students of Jeanne Masterman will present a recital at Cameron on Saturday, April 29 at 2 pm.

DO YOU WANT TO HELP SOMEONE IMPROVE HIS OR HER ENGLISH?

LINK TO LITERACY will provide: Tutor Training, Student materials, Meetings space and support at Fletcher Library. Learn about different cultures while helping others learn about ours!

For more information:

Email: linktoliteracy@gmail.com

Phone: 978-399-2304

In person: Fletcher Library Reference Desk
(Westford, MA)

Director's Message

I wish I could had let myself be happier.

As I have gotten older I look at things continually different than I have through-out my life. Bi-weekly, I receive emails from my father reminding me to not take life so seriously, to have more fun and remember work is not all that life is about and I hear myself saying "yeah, yeah". However, right my father may be at this time in his life I know he had some of the same characteristics that I have now when he was running his company. So, you may be wondering where am I going with this thought and simply what I am trying to say is sometimes we can get in our own way of happiness when we can't look beyond our own personal needs and desires. So perhaps the next time you may be inconvenienced stop and think about the other people involved and how your actions may impact one's enjoyment, time with a friend, nice meal, fun game/practice. Let's enjoy the pleasures that everyone shares at the Cameron even if it may require a little more time, understanding, patience or HAPPINESS.

See you at Cameron!
Jennifer Claro, Director

THANK YOU!**WESTFORD POLICE DEPARTMENT**

We would like to extend sincere appreciation to Greg Marchand and the Westford Police Department for their assistance delivering buckets of sand to over 20 seniors in town this winter. Thank you.

NEW TREADMILL!

On behalf of the Cameron Senior Center we would like to thank the **anonymous donor** who purchased a Precision Fitness treadmill for our fitness center. What a needed gift!

EXCEPTIONAL HELP!

What would we do without **Ritchie Crocker and Roy Philbrick** who helped install some needed lighting and ensured our new treadmill had the correct circuit and outlet to ensure usage safety.

THE UPBEATS

Would like to **thank Elsie Wilson** for making a cover for our keyboard. Very much appreciated!

RIVERCOURT RESIDENCES

We really appreciate **RiverCourt Residences** filling our candy dish each day with wonderful little chocolates most enjoy on their way in or our out (or sometimes both SHH!) of the Cameron.

Trudy's Boutique
THRIFT SHOP

MONDAY – FRIDAY: 9 A.M. – 3 P.M.

CLOTHING, HOUSEHOLD GOODS, DÉCOR, JEWELRY
~ ALL AT AFFORDABLE PRICES ~

MARCH MADNESS SALE
50% OFF WINTER CLOTHING
FEB. 27 ~ MARCH 3

WATCH FOR NEW SPRING ARRIVALS

DONATIONS ALWAYS APPRECIATED!

COA TRANSPORTATION SERVICE

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Service area: Acton, Ayer, Carlisle, Concord, Chelmsford, Groton, Littleton, and Westford

760 rides and growing!

Ridership has increased which means transportation schedules are at times getting tight. We would love to fill each and every one of your transportation needs. To give us a better chance of getting you where you want to go we ask that you be flexible in your schedules and call for a reservation at least 48 hours prior to your appointment. Odds will be much better if scheduled within that time frame.

With our first priority being rides to medical appointments, our transportation services will also take you to local errands, and each and every Cameron Senior Center sponsored activity.

Here are some additional transportation highlights:

- *Vans run Monday thru Friday 8:00 – 3:00
- * Bingo every Monday afternoon at 1:00
- * Shopping at Market Basket every Wednesday, a social event in itself
- * Bingo night every Thursday at 6:45
- * Monthly excursions to who knows where – keep your eyes peeled - more to come on that
- * Round trip cost within Westford is \$3.00
- * Round trip cost to connecting towns is \$6.00 (Acton, Carlisle, Chelmsford, Groton, Littleton)
- * Round trip cost to out-lying towns is 8.00 (Ayer, Concord, Lowell)
- * 15-minute rule: We ask that you be ready 15 minutes before your scheduled pickup time and understand that we may pick you up 15 minutes after your pickup time. Why? Stuff happens....
- * For same day appointment changes please call front desk at 978-692-5523
- * When leaving a message please be sure to leave: **YOUR NAME, YOUR PHONE NUMBER, DATE, TIME AND LOCATION OF YOUR APPOINTMENT.**

Please give Chuck a call at 978-399-2322 to get your seat on the van.

COA VAN TRIP



“BOSTON FLOWER SHOW”

Friday, March 24, 2017

Join us as we again travel to the **Seaport World Trade Center** to take in the exquisite displays with the theme “Superheroes of the Garden”. Meet the van at the Cameron Senior Center at 9 am and return around 2:30 pm. Cost is \$30 p/p. Lunch is not included. Seats are limited. Please sign up by calling 978-692-5523 no later than Wednesday, March 15.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARCH 2017		1 Aerobics 9:30 am Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm Alzheimer's Sup. 6:30 pm	2 Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Watercolor Class 10 am Bone Builders 1 pm Hand & Foot 12:30pm Veterans Services 4 pm Circuit Training 5:30pm Bingo 6:45 pm Quigong 7 pm	3 Aerobics 8:30 am Music Makers 9 am Ping-Pong 9:45 am
6 Bone Builders 9:30 am Quilting Club 9:30 am Healthy Eating 10:30 am Art/Open Studio 12 noon T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm Ping Pong 1:45 pm	7 Basic Zumba 8:15 am Billiard Players 8:30 am Gentle Yoga 9 am Ask the Lawyer 9:30 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm Iceland Trip Info. 3 pm Ping Pong 4 pm	8 Aerobics 9:30 am Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm	9 Women's Breakfast 8 am Veterans Services 8 am Billiard Players 8:30am Basic Zumba 9 am Reflexologist 9:30 am Watercolor Class 10 am Chair Movement 10 am Ask the Officer 11am Bone Builders 1 pm Hand & Foot 12:30 pm Circuit Training 5:30pm Bingo 6:45 pm Quigong 7 pm	10 Aerobics 8:30 am Music Makers 9 am Ping-Pong 9:45 am Lunch/Learn 12:15 pm
13 Hearing Clinic 9:30 am Bone Builders 9:30 am Quilting Club 9:30 am Meet the Realtor 10 am Elegant Chef 11:30 am Art/Open Studio 12 noon Shine 1 pm T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm Ping Pong 1:45 pm	14 Men's Breakfast 8 am Basic Zumba 8:15 am Billiard Players 8:30am Blood Pressure 9 am Gentle Yoga 9 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm Ping Pong 4 pm Lowell General 6 pm Watercolor Class 6 pm	15 Aerobics 9:30 am Bone Builders 9:30 am Holi Celebration 11 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm	16 Veterans Services 8 am Billiard Players 8:30 am Basic Zumba 9 am Watercolor Class 10 am Chair Movement 10 am Bone Builders 1 pm Hand & Foot 12:30 pm Movie 4:30 pm Circuit Training 5:30pm Bingo 6:45 pm	17 Aerobics 8:30 am Music Makers 9 am Ping-Pong 9:45 am St. Patrick's Celebration 10:30 am 
20 Bone Builders 9:30 am Quilting Club 9:30 am Art/Open Studio 12 noon T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm Ping Pong 1:45 pm	21 Basic Zumba 8:15 am Billiard Players 8:30am Gentle Yoga 9 am Social Work Drop-In 9 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm Ping Pong 4 pm Book Club 6 pm	22 Aerobics 9:30 am Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm	23 Veterans Services 8 am Billiard Players 8:30 am Basic Zumba 9 am Chair Movement 10 am Bone Builders 1 pm Hand & Foot 12:30 pm Bingo 6:45 pm	24 Aerobics 8:30 am Music Makers 9 am Flower Show Trip 9 am Ping-Pong 9:45 am
27 Bone Builders 9:30 am Quilting Club 9:30 am Art/Open Studio 12 noon T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm Ping Pong 1:45 pm	28 Basic Zumba 8:15 am Billiard Players 8:30am Gentle Yoga 9 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm Ping Pong 4 pm Retirement Info. 6 pm	29 Aerobics 9:30 am Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm	30 Veterans Services 8 am Billiard Players 8:30 am Basic Zumba 9 am Chair Movement 10 am Bone Builders 1 pm March Birthdays 12:30 pm Hand & Foot 12:30 pm Circuit Training 5:30pm Slideshow 6 pm Bingo 6:45 pm	31 Aerobics 8:30 am Music Makers 9 am Podiatry 9:30 am Ping-Pong 9:45 am Medicare Wksp. 10 am Music Makers Presentation 12:30 pm



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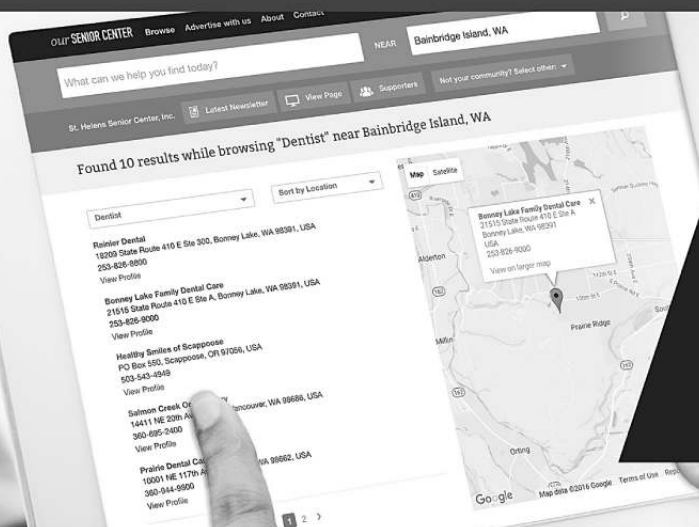
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NEW ~ INVITING ALL THOSE AGE 50 AND OVER

Tuesday, April 25, “Foxwoods/Mohegan”

Buckingham Motor Coach departs from the Franco American Club at 7:30 AM. The fee of \$30 includes driver gratuity and is due at time of sign-up. Receive bonus and food coupon. Please call 978-692-5523 to register.

Tuesday, March 21—Parker’s Sugar Maple Barn

Fox Tours will be departing at **9:15 am** from the **Franco American Club, West Prescott Street**. Enjoy a visit to Bolton Orchards Farm Store, you’ll then travel to Mason, New Hampshire, and Parker’s Maple Barn for an authentic Parker’s Maple Sugar Breakfast Feast. After this delicious meal, you’ll travel to nearby Winchendon, MA for a fun visit to Smith’s Country Cheese shop for a tour and cheese tasting. You’ll return home at 4:30 pm.—Cost \$72 p/p including driver gratuity. Please RSVP to 978 692 5523.

Wednesday, April 19—Adam Trent Magician Reinvented

Best of Times presents **Adam Trent** at Lantana’s in Randolph. Adam Trent is taking the stage for his innovative illusions, charming wit, and emotion to create an experience that is part magic show, part concert, and part standup comedy. Not only is he one of the youngest international award winning magicians but has been identified as one of “The 10 Most Influential Youths in the Nation.” Price is \$98 per person, includes transportation, lunch, show, tax, meal and driver gratuity. Departure time from the Franco American Club TBD. Please RSVP to 978 692 5523.